

## AQUATICS MAIN POOL SCHEDULE POOL

A Ministry o							
/ (Immotify c	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	·						
5:15 AM							
5:30 AM							
5:45 AM			Adult	<b>Only All Lanes</b>	Open		
6:00 AM			<u> </u>				
6:15 AM				5:00-7:30 🤜		and the same	
6:30 AM					Adult Swim O	nly	
6:45 AM	i ( insen i			1100	5:00am-11:00	a m	
7:00 AM					Monday - Frie	day	
7:15 AM				A.			
7:30 AM		Doon Water		Doon Water		Doon Water	
7:45 AM		Deep Water		Deep Water		Deep Water	Please Note:
8:00 AM	4	Toning & Cardio		Toning & Cardio		Toning & Cardio	
8:15 AM		w/Marge		w/Marge		w/Marge	Adult Only Swim
8:30 AM		7:30-8:30		7:30-8:30		7:30-8:30	5am-11am M-F
8:45 AM		Agua Zumba		Agua Tahata			May operate on:
9:00 AM		Aqua-Zumba	Synapse Surf	Aqua-Tabata	Synapse Surf		· ·
9:15 AM		w/Velvet	-	w/Velvet	-		*NO LIFEGUARD
9:30 AM		8:40-9:40	w/Rita	8:40-9:40	w/Rita		ON DUTY*
9:45 AM			9:00-10:00		9:00-10:00		
10:00 AM			Candia Water		Cardia Water	Agua Zamila	Swim at Your Own Risk-
10:15 AM			Cardio-Water		Cardio-Water	Aqua-Zumba	*W A T C H YOUR
10:30 AM			w/Fern		w/Fern	w/Velvet	CHILDREN*
10:45 AM			10:00-11:00		10:00-11:00	10:00-11:00	<u> </u>
11:00 AM					<i>a</i>		CLASSES HAVE
11:15 AM							CLASSES HAVE
11:30 AM				Adult Swim Onl 5:00am-11:00an			PRIORITY USE
11:45 AM	<b>A</b>			Monday - Friday	The state of the s		OF POOL
12:00 PM		-					No children during classes
12:15 PM	V	Mark Control					
12:30 PM							<u>Cardio Water</u>
12:45 PM		· Ju Marie	SUMMER				Strengthen your core and amp
1:00 PM						100000000000000000000000000000000000000	up your cardiovascular fitness
1:15 PM			PLUS			Pool Deck	with this high energy yet low
1:30 PM			CAMP			Cleaning	impact workout!
1:45 PM		FLAC		l			
2:00 PM		FLAG	12:15-3:30			(Pool Open)	Deep Water Toning & Cardio
2:15 PM		CAMP				1-4 <sub>pm</sub>	Total body conditioning using
2:30 PM						FRIDAYS	, , , , , , , , , , , , , , , , , , , ,
2:45 PM		1:15-3:15				*pressure	noodles, boards, buoys & all
3:00 PM	l I					washer in use	your muscles!
3:15 PM				ļ.		on pool deck*	
3:30 PM				ĭ		*	<u>Synapse Surf</u>
3:45 PM	\			]			Join the fun balancing on
4:00 PM							noodles, playing with balls and
4:15 PM							exercising your brain synapses
4:30 PM							as you have a great total body
4:45 PM	N N						workout.
5:00 PM							
5:15 PM						Closed	Lap Swim
5:30 PM							All five lanes are set aside for
5:45 PM							lap swim. Please see the Lap
6:00 PM							l ' '
6:15 PM							Swim Etiquette handout for
6:30 PM			Cardio-Water		Cardio-Water		how to share lanes. <i>Thank you</i>
6:45 PM							for sharing!
7:00 PM			w/Dee		w/Dee		
7:15 PM	Closed		6:30-7:30		6:30-7:30	Pool Hou	rs of Operations
7:30 PM							•
7:45 PM							9am-5:45 pm
8:00 PM			All Lan	es Open		Mon-Th	urs 5am-8:45 pm
8:15 PM			7.30	)-8:45		Fri	5am-3:45 pm
8:30 PM			7.50	J 313			at CLOSED
8·45 PM							at Closed